



The Grape Affair

January 2015

Grapevine Senior Activities Center



Play OFTEN - Play GRAPEVINE

421 Church Street ~ Grapevine, Texas 76051 ~ 817.410.3465

Hours of Operation: Monday - Friday 8 am to 3 pm

playgrapevine.com



Highlights for the Month

January 2015

- 1 Happy New Year!
- 5 Computer Registration
- 5 Bank & Post Office
- 16 Go Go Girls Trip
- 19 Megan's Lunch Bunch
- 20 AARP Driver Safety
- 23 FOPS Trip
- 23 History Presentation
- 26 Young@Heart
- 28 Historical Museum Tour
- 30 Yummy in My Tummy

Looking Ahead

February 2015

- 4 AARP Tax Aide begins
- 8 Valentine Sweetheart Dance
- 17 Mardi Gras Party

Islands of New England

August 24-31, 2015

This fabulous Collette Vacations trip begins in Providence, Rhode Island and continues to Newport and Boston. You'll spend several days on Cape Cod exploring Martha's Vineyard, Nantucket, Hyannis and Provincetown. You have a choice of setting out on a whale watch cruise in Cape Cod Bay or embarking on a scenic adventure through iconic sand dunes of the Cape. A traditional lobster feast completes your New England experience. Rates which include round trip air from DFW, air taxes and fees/surcharges, plus hotel transfers are: single - \$2,979; double - \$2,579 and triple - \$2,549. Book before February 24 and get \$100 off. Brochures are available at the SAC.

Fraternal Order of Plaid Shirts

The FOPS will be attending the annual Fort Worth Stock Show on Friday, January 23. Senior admission is \$5 payable at the entrance. All types of displays, vendors and stock judgments will be available to enjoy. Lunch is on your own. The bus leaves at 9:30 am and returns around 2:30 pm.!

Yummy in My Tummy

Foil pack cooking is easy - lots of variations, easy preparation and no pots to clean. It can be made ahead of time and popped in the oven or on the grill. Join us on January 30 at 1 pm for a demo by Debbie Gill with Keller Williams Realty. No reservations needed; just show up!

Go Go Girls

We're going to the movies on Friday, January 16! Call us at the beginning of the week to find out which show we will attend!

Computer Registration - January 5

Registration is Monday, January 5! Walk-ins may register from 9 am to noon or you may call in between 1-2 pm. Classes being offered in this session are How to Use Your iPhone, iPhone Apps, Maps and Pictures, Keyboarding, Windows Fundamentals, Ask the Trainers, Digital Camera: Getting Started, How to Use Pinterest, Microsoft Publisher, Quicken, Slide Show Maker, Surfing the 'Net and Word. Access the schedule online at grapevinetexas.gov or pick up a schedule at the SAC.

AARP Driver Safety

This course is being offered on Tuesday, January 20 from 1 -5 pm. The cost is \$15 if you have your AARP membership card with you or \$20 if you do not, payable to the instructor. Seating is limited to 30. Successful completion of the course can help reduce the cost of one's automobile liability insurance premium depending on your insurance company. To pre-register or to obtain additional information, please call the SAC at 817.410.3465.

Valentine's Sweetheart Party and Dance

Grapevine is joining with several other senior centers to host a party and dance at the Sheraton in Fort Worth on Sunday, February 8 from 2-4 pm. Tickets may be purchased at the front desk beginning January 12 and cost \$10 per person. Transportation will be provided and will depart from the SAC at 1:15 pm. Sign up at the front desk if you want to ride with us!

Grapevine History Presentation

On Friday, January 23 at 1 pm, Sallie Andrews and Pam Price of the Grapevine Historical Society will present a program that reflects on the past 170 years of history of the Grape Vine Prairie from the time the pioneers came and settled the land to present-day Grapevine. It is filled with many photos of Grapevine throughout the 170 years as well as some interesting facts about the land, its resources and its people. This entertaining program lasts 30-40 minutes. On Wednesday, January 28 at 10 am, we will tour the new Grapevine Historical Museum located at 206 West Hudgins Street in the Ted R. Ware Plaza Historic Museum District. Reservations for the Wednesday tour are limited, so sign up today!

AARP Tax Aide - February 4 through April 15

If you need assistance with your taxes, certified volunteers are available on Wednesdays from 8:30 am - 1:30 pm to help those in the low to middle income range. Special emphasis is given to those 60 years and over. Please call today for an appointment.

Megan's Lunch Bunch

Join us for a lunch outing on Monday, January 19 at Mama's Daughters' Diner in Plano. The cost of your meal is \$11.50; it includes the tip. If you want a drink other than water, there is an additional \$2 charge. When you make your reservation with Megan, you will make your payment and also select your meal which includes a choice of 6 meats and 3 sides. The bus leaves at 11:30 and returns by 2 pm. Sign up with Megan by Thursday, January 15. Seating is limited.

January

Sunday	Monday	Tuesday	Wednesday
<p>Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment.</p> <p>SCS Lunches served each Monday-Friday 12 Noon</p>	<p><i>Blood Pressure Checks and Birthday Cake courtesy of Woodridge at Grapevine Health & Rehabilitation</i></p>		
4	5 Computer Registration* 8-2 Table Games 9:30 Music Jam 9:30 Bank & Post Office 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	6 Birthday 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 1:00 Bingo	7 8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:00 Advisory Council 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot
11	12 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	13 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 1:00 Bingo	14 8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot
18	19 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 11:15 Strength Training 11:30 Megan's Lunch Bunch* 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	20 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 1:00 Bingo 1-5 AARP Driver Safety	21 8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers 1:30 Hand & Foot
25	26 8-2 Table Games 9:30 Music Jam 9:45 Walking 9:50 Tai Chi 10:00 Young@Heart* 11:15 Strength Training 1:00 Card Making 1:00 SilverSneakers Classic 2:00 Mah Jongg	27 8-12 Table Games 9:45 Chair Exercise 10:00 Walking, GV Library 10:00 Blood Pressure Check 10:00 Oil Painting 10:00 Bridge 12:30 Art with Hanz 1:00 Bingo	28 8-3 Table Games 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Museum Tour** 10:00 Vine Quilters Class 10:00 Knitting Group 11:15 Strength Training 12:45 Grocery Shopping 1:00 SilverSneakers Classic 1:30 Hand & Foot

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Thursday	Friday	Saturday	Notes
1 <i>Happy New Year!!!</i>	2 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Wii	3	
8 8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 12:30 Participant Meeting 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	9 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Wii	10	*Computer Registration In person: 9 am - Noon Telephone: 1-2 pm
15 8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginning Line Dancing 2:15 Intermediate Line Dancing	16 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 11:00 SilverSneakers Classic TBD Go Go Girls Trip*	17	*Go Go Girls Trip Going to the Movies Call on Tuesday to learn what, when and where.
22 8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	23 8-3 Table Games 9:30-2:30 FOPS Trip** 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1:00 Grapevine History***	24	*Megan's Lunch Bunch Sign up with Megan **FOPS Trip Ft. Worth Stock Show Register at front desk ***Grapevine History Talk Presented by Sallie Andrews & Pam Price
29 8-3 Table Games 9:45 Chair Exercise 9:45 Mall Walking 10:00 Jewelry Making 10:00 Chorus 1:00 SilverSneakers Yoga 1:15 Beginner Line Dancing 2:15 Intermediate Line Dancing	30 8-3 Table Games 9:45 Chair Exercise 9:45 Walking 9:50 Tai Chi 10:00 Ceramics 11:00 SilverSneakers Classic 1-2 Yummy in My Tummy***	31	*Young@Heart Gardeners Cost: \$5 Sign up at the front desk **Grapevine HistoricalMuseum Register for tour at front desk ***Yummy in My Tummy Debbie Gill Keller Williams Realty

The Grape Affair
421 Church Street
Grapevine, TX 76051
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PERMIT NO. 140

Helpful Phone Numbers:

First Call for Help and
United Way Information and
Referral Line
2-1-1

Northeast Transportation
Service (NETS)
817.336.8714

Grapevine SeniorMovers
817.410.3465

Young@Heart Gardeners

Make a Tea Cup Bird Feeder

Monday, January 26

10 am – 12 pm

Cost: \$5

Sign up the front desk

**WE THANK THE FOLLOWING SPONSORS FOR THEIR PARTICIPATION IN THE
MULTI-SENIOR CENTER HOLIDAY DANCE HELD AT THE FT. WORTH SHERATON
ON SUNDAY, DECEMBER 7.**

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